



COVID-19 Vaccines

What Teens in Foster Care Need to Know

VACCINES PROTECT YOU FROM GETTING VERY SICK FROM COVID.



- Many young people who get COVID-19 have mild or no symptoms. But some get very sick or get health problems that last a long time. (called long COVID).
- The COVID-19 vaccine reduces your risk of getting very sick from COVID-19, ending up in the hospital, or dying. It also lowers your risk of getting long COVID.
- The Pfizer and Moderna COVID-19 vaccines are now all bivalent. This means that they have been updated to protect against more recent strains of the virus.

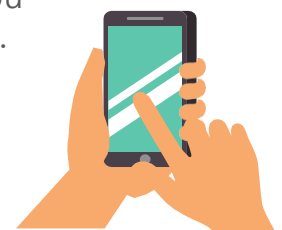
EVERYONE NEEDS JUST ONE UPDATED VACCINE DOSE.

- **If you already got one updated Pfizer or Moderna COVID vaccine dose**, you are up to date.
 - If you are immunocompromised you can get additional doses. Talk to your doctor.
- **If you have never gotten an updated COVID vaccine or any COVID vaccine** you should get an updated Pfizer or Moderna vaccine. One dose is all you need.
- **If you already had COVID or if you are pregnant or breastfeeding**, you should still get one updated COVID dose.
- The vaccine can be given at the same time as other vaccines like HPV.
- For more information, visit [cdc.gov/coronavirus/vaccine](https://www.cdc.gov/coronavirus/vaccine).



HOW TO GET A VACCINE

- COVID vaccines are available at many doctors' offices, clinics, schools, & pharmacies. Find a site near you at ph.lacounty.gov/howtogetvaccinated.
- Call the DPH Vaccine Call Center at **1-833-540-0473** or **2-1-1** if you need help finding a vaccine, transportation, or in-home vaccination.
- COVID-19 vaccines are **free** even if you don't have insurance.
- You will not be asked about your immigration status.



Note: The monovalent Novavax vaccine is available in [some situations](#).





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SERIOUS SIDE EFFECTS ARE RARE

- Common side effects include pain, swelling and redness on the arm where you got the vaccine, nausea, tiredness, fever, chills, headache or muscle ache. These side effects should go away in a few days. Not everyone will get them.
- Side effects are a sign that your immune system is **building protection**.



COVID-19 VACCINES ARE SAFE AND EFFECTIVE

- The COVID-19 vaccines were tested and found to be safe and effective for teens. They continue to be closely monitored. To date, **hundreds of millions of people** have safely received a COVID-19 vaccine.
- Severe allergic reaction (anaphylaxis) can happen after any vaccine, including a COVID-19 vaccine - but this is **rare**.
- A small number of people, especially males ages 12 to 39 have had inflammation of the heart (myocarditis and/ or pericarditis) after getting a COVID-19 vaccine. The condition is rare, and most cases are mild and respond well to treatment and rest. Your risk of myocarditis or other heart conditions is much higher if you get COVID-19. You **can't get COVID-19** from a COVID-19 vaccine. None of the vaccines contain the virus that causes COVID-19.
- There is no evidence that a COVID-19 vaccine affects teenage development or your ability to have kids.

Talk to your doctor, parent/guardian, or other trusted adult about the COVID-19 vaccine. Ask them any questions you may have.



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WHO MAKES THE DECISION WHETHER I CAN GET THE VACCINE?

If you are 18 years of age or older, you do! If you are age 17 or younger and in foster care, your foster caregiver, relative caregiver, or group home staff can provide consent as long as you agree. For more information, call your lawyer at the Children's Law Center 323-980-7700.

Teens who are age 15 or older and are self-sufficient (e.g., emancipated or self-sufficient minor, married, or previously married) can give their own consent. Otherwise, if you are under 18, a parent or legal guardian must give consent.

WHAT IF I WANT THE VACCINE BUT MY FOSTER CAREGIVER DISAGREES?

If your foster caregiver will not consent to you getting the vaccine, contact your lawyer.

WHAT DO I NEED TO BRING WITH ME WHEN I GET VACCINATED?

Photo ID is required at some vaccination locations. If you don't have a photo ID, contact your lawyer. Another option is to go to a location run by the Los Angeles County Department of Public Health which does not require a photo ID.

Talk to your doctor, parent, care giver, or other trusted adult about the COVID-19 vaccine. Ask them any questions you may have.